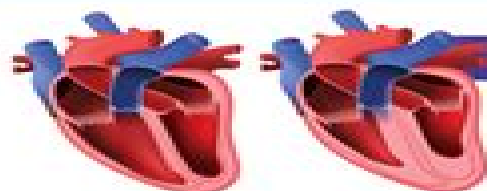




Exercising with Hypertrophic Cardiomyopathy (HCM)



What is HCM?

- HCM = Hypertrophic Cardiomyopathy
- Affects 1 in 200 - 500 people worldwide
- HCM is a genetic heart condition that causes thickening of the heart muscle
- HCM can result in abnormal heart function, reduced blood flow out of the heart or an abnormal heart rhythm



Exercise and HCM

Exercise is encouraged for people with HCM, even in those with ICDs.¹

Mild to moderate physical activities improve fitness, quality of life, and lowers traditional cardiac risk factors (high blood pressure, high cholesterol), even in those with HCM.²

High intensity activity/ competitive sports may be possible after evaluation and guidance by an expert HCM cardiologist.

See your doctor: Physician expert provides a personal exercise prescription



A comprehensive EAP is required to manage a possible cardiac emergency (including player gear removal such as football, hockey)



Proper hydration and replenishment of electrolytes for exercise
Increase hydration for hotter days and longer activities



SAFE PERFORMANCE STRATEGIES



Make AEDs accessible and usable within 3-5 min



CPR and AED training is imperative for coaches, officials, and athletic medical staff (all key stakeholders in athletics)



WHEN TO WORRY

Worsening shortness of breath
Dizziness or fainting
Chest pain
Heart palpitations or fluttering

5 Things to Remember For Your Student Athlete

①

Each HCM patient requires an individualized exercise program.

②

Some HCM patients may need a defibrillator.

③

Avoid dehydration and advise no medicines with stimulants and no exercise during viral illnesses.

④

Initiate and maintain communication with the patient and the treating cardiologist.

⑤

HCM patients' 1st degree relatives are at risk to have HCM.

Abbreviations:

ICD: Implantable Cardioverter-Defibrillator
EAP: Emergency Action Plan
AED: Automated external defibrillators
CPR: Cardiopulmonary resuscitation

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Heart And Exercise A Practical Guide For The Clinician

WJ Hussar



Heart And Exercise A Practical Guide For The Clinician:

The Top Books of the Year Heart And Exercise A Practical Guide For The Clinician The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Heart And Exercise A Practical Guide For The Clinician : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Pappen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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